

# CRYOTHERAPY AFTERCARE



The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for Cryotherapy.

- It is normal for the area to appear like a small burn afterwards, it may be red, swollen and tender. There may be mild blistering, scabbing, crusting or leakage of fluid. If you are concerned about healing or the skins appearance, you must contact your practitioner.
- If a larger blister forms or a blood blister, then please seek advice from your practitioner. If a blister bursts use a simple anti-septic cream such as Savlon, the area will naturally scab over, with the scabs falling off at 2-3 weeks.
- Keep the treated area clean and dry afterwards, wash using soap and water and dry by gently dabbing with a clean towel.
- Apply Vaseline to the treated area twice daily for 2 weeks.
- If blisters scab over, do not pick them as this can encourage scarring.
- Leave the treated area undressed (to the open air) unless clothing is irritating the treated area, in which case a plaster can be applied.
- The treated area might be slightly sore afterwards, if needed you can take some simple over the counter pain killers such as paracetamol.
- The healing process may take up to 6 weeks.
- You must seek medical attention and contact your practitioner if you experience any signs or symptoms of infection after treatment. Infection can present as hot, red shiny skin, there may be pus formation and you may have a fever or feel generally unwell.
- Contact your practitioner as soon as possible if you notice any unwanted side effects.

**It is essential that you have read all of the information available.**

**Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided above.**

**I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.**